

## 2018 — TIME FOR A HEALTHY CHANGE



There's something magical about new beginnings. 2018 has just begun. What can you do to improve at least one aspect of your health this new year? Here are some aids and suggestions.

### ◆ Keys to Success ◆

Start small making resolutions that you think you can keep. Change one behavior at a time. Unhealthy behaviors develop over time. So, replacing them with healthy ones also requires time. Talk about it. Share your experiences with family and friends. Or consider joining a support group to reach your goals. Don't beat yourself up. Perfection is unattainable. Remember that minor missteps are OK. Its all connected, body, mind, and spirit. An improvement in one, improves the other two.

Instead of changing a bad habit, start acknowledging the things you're doing right? We're so programmed to think we're falling short that we forget to give ourselves a pat on the back for our achievements.

### ◆ Celebrate Successes ◆



### ◆ Unplug Regularly ◆



Whether you're plugged into work, constantly texting, or frequently checking social media, you could be hurting your health. There have been several studies that show being plugged in all the time can increase stress, damage your mental health, cause neck, back, wrist and

hand problems, and prevent quality sleep and rest. Plus, working too much can make you less productive and cause burnout. So this year, plan to unplug, unless you're on call, stop checking email in the evenings, and if you're spending time with family or friends, keep your phone tucked away.

### ◆ Take Time for Yourself ◆



Time alone to do something you want, whether that's taking a relaxing bath, reading a book, or taking up a hobby, doesn't have to be for hours. Even half an hour could greatly reduce your stress and increase your happiness. Of course, ideally you should get a few hours each week to yourself but you can start by blocking in half an hour if your schedule is that packed. Put it in your calendar and

Pushing yourself both physically and mentally can increase stress no matter what you do. Work might be important to you, but being healthy should be the top priority. If you don't take regular breaks already, consider making it your New Year's resolution. The difference could be significant. Not only will breaks help relax your muscles and clear your mind but you'll likely be even more productive at work, which is win-win for your employer and your health.

### ◆ Take Regular Breaks ◆



### ◆ Soak up the Sun ◆



Getting out of the house and into the sun can be good for your health in many ways, so make a resolution to do so in 2018. Exposure to sunlight gives your body vitamin D, an important vitamin that helps make your immune system function properly, fights diseases, and prevents bone problems like osteoporosis. The sun can also lower blood pressure and be a great mood enhancer, improving your outlook on life.

Provided by Community of Christ Health Ministries Association

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